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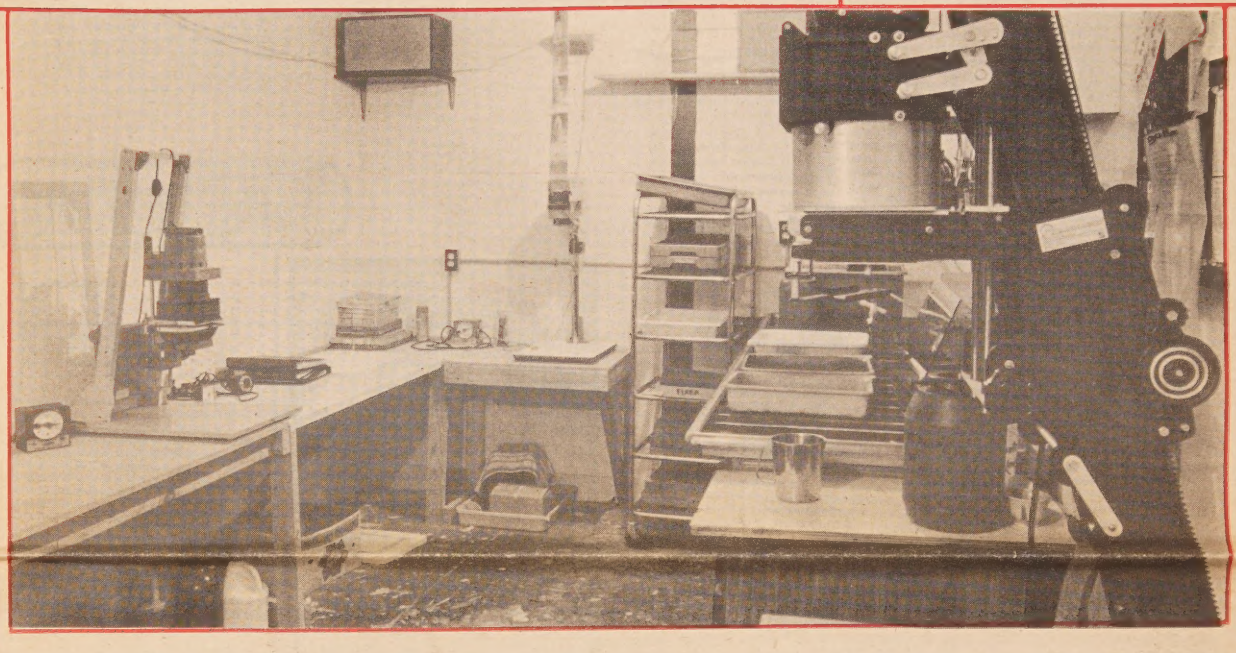
FORT MASON CALENDAR

Orpheus

Events, Classes, Fun & Games

JANUARY–FEBRUARY 1981



Arts & Crafts

STAINED GLASS DESIGN—Gary Van Velsor—Learn the age old method of leaded glass. Design and construct a stained glass window or panel in the color and glass of your choice. Learn how to frost or "etch" glass. Classes are small for individual attention. *The instructor has previously taught for San Francisco Community College. He has a B.F.A. from M.S.U. and works professionally in a San Francisco glass studio.*
Hyde/Jackson—Monday 6:30-9:30 p.m., *4 weeks beginning January 5th.* Cost $65 ($10 at registration/$55—includes all materials—pay to instructor at the first class).

Use your VISA/ Mastercharge to register. Call 474-3775.

Hand Reading

SCIENTIFIC HAND READING — *Conlin Wagner* — The most respected method of hand reading involves analysis of more than the palm. Findings from the lines must be read with regard to the temperament of the individual in order to counsel conscientiously. Temperament is revealed in the whole hand—mounds, nails, texture, color, etc. Benham's method (1900) is empirically based on thousands of case studies. Time has proved none of his findings inaccurate. Learn as he did through self-discovery, analyzing classmates', guests', and your own hands. Bring pen and notebook.
Market/16th Street — Monday 7-9 p.m., *4 weeks, beginning January 12th.* Cost $45 ($15 at registration/$30 pay to instructor at the first class).

Assertiveness

ASSERTIVENESS & EFFECTIVE COMMUNICATION SKILLS—Jim Spillane, M.S.—Learn positive, practical methods to directly, openly, honestly and spontaneously communicate your wants and deep feelings in employment, family, social and romantic relationships. Explore responding to criticisms and manipulations, body language, conquering shyness, voice, saying "no" without excuses, power, dealing with aggressive and non-agressive people, handling authority, coping with negative reactions, taking risks safely, and expressing dissatisfaction and anger. Increase your confidence, motivations, and respect while reducing anxiety. Several handouts. Free wine party at conclusion. *The supportive instructor conquered fears in becoming assertive. He's taught 15,000 adults.*
Oakland: College/Lawton—Saturday 10 a.m.-6 p.m., *One Day December 6th.* **San Francisco: Parnassus/Shrader—Saturday 10 a.m.-6 p.m.,** *One Day January 17th.* Class minimum 5, maximum 16. Cost $26 ($13 at registration/$13 pay to instructor at the class).

THE SELF ESTEEM EXPERIENCES (SEE)—Jim Spillane, M.S.—Self esteem, your true feeling about yourself, determines your happiness, health, professional effectiveness, relationships, prosperity and peace of mind. Nothing is more important. The goal of this innovative, successful seminar: permanent, total unconditional acceptance of self and others. Learn positive behaviors and attitudes, conquer fears, stop value judging, overcome faulty conditioning, control emotions like guilt and worry. Comparable to $100 workshops. People with all levels of self esteem benefit greatly. Free wine party at conclusion. *The instructor has thoroughly studied and experienced high self esteem. He's taken est, Actualizations. For 9 hours C.E. credit: RN's, LVN's $5 additional fee to instructor.*
Oakland: College/Lawton—Saturday 9 a.m.-6 p.m., *One Day December 20th* **OR** *January 3rd* **OR** *January 31st.* Class minimum 5, maximum 20. Cost $30 ($15 at registration/$15 pay to instructor at the class).

Business

MANAGING YOUR BOSS, YOUR CAREER, AND YOUR LIFE—Peggy Combs, Instructor & Bonnie Beason de Ruiz, Assistant—Is your job fun? Do you get all the money, challenge and recognition you want? If the answer is no, 8 hours on one Saturday can change this. Forty hours per week are too important to waste. We offer proven, field tested techniques. The course covers valuing yourself; life and work goal development; treasure mapping; programming your subconscious; defining your product, market, client, constituents, employer and life style; and such job skills as managing your boss, body language impact, turf definitions and protection, developing constituencies and networks, creative memo writing and much more. We take ourselves seriously, do you? Register early. Enrollment limited to ensure individualized instruction. *The instructor is a government official with 15 years experience in business and government turning sow's ear jobs into silk purse experiences.*
Church/29th Street — Saturday 9 a.m.-5 p.m., *One Day January 10th* **OR** *17th* **OR** *24th* **OR** *31st.* Cost $55 ($15 at registration/$40 pay to instructor at the class).

CREATING YOUR OWN BUSINESS — The Briarpatch Network & Gorilla Grotto Staff — A month long series of workshops:
Wednesday 8-11 p.m., *February 4th* —"WHY YOU DON'T NEED MONEY TO OPEN YOUR BUSINESS"
Wednesday 8-11 p.m., *February 11th* — "MYTHS ABOUT BUSINESS AND HOW THEY CAN FOUL YOU UP"
Wednesday 8-11 p.m. *February 18th* — **Wednesday 8-11 p.m.** *February 25th* — "WHAT WENT WRONG IN OUR FIRST YEAR OF BUSINESS, WHAT IT COST US AND HOW YOU CAN AVOID IT"
Each evening $2.50. Pay at the Workshop — At **The Gorilla Grotto,** 775 Frederick at Arguello — No advance registration required. Grotto Information **(415) 731-9735** Wed-Sat (5-11 p.m.)

Health

SUPERNUTRITION — *Jennifer Marshall* — Transition to a healthier diet and lifestyle can be a difficult process. In this class we will heal ourselves by exploring our feelings and attitudes about our diets and through the introduction of delicious and healthful foods. We will discuss food preparation and combining, dietary habits, the use of vitamins and how to cope with the elimination of junk foods from the diet and still enjoy mealtimes and life. Detoxifying our bodies will be a metamorphosis in which we will discover the proper balance for each of our own bodies. Last class is a dinner. The instructor is a certified nutritional consultant with an M.S. in wholistic health and nutrition. She is skilled in preventative care treatments, natural healing processes and diet transition programs.
Pine/Franklin — Tuesday 7:30-9:30 p.m., *4 weeks.* Cost $40 ($10 at registration/$30 pay to instructor at the class).

Hypnosis

SELF HYPNOSIS — *Rosemary Kellington* — You can begin now to use the most powerful and complicated computer in the world, your own subconscious. Program yourself to be successful, to be rich, to be slender, to be a non-smoker, to be stress free. Class includes lectures, group inductions, demonstrations and practice. Comfortable clothing recommended. Bring a pillow. *The instructor has a degree in Social Work and is a teacher in the San Francisco schools. She is a Master Hypnotist, certified by the Hypnotists Examining Council, Inc.*
Taraval/28th Ave — Wednesday 7:30-9:30 p.m., *4 weeks.* Class minimum 5, maximum 12. Cost $40 ($15 at registration/$25 pay to instructor at the first class).

Drama

STAGE ARTS I — *Eve Wilder* — An 8 week practical introduction to acting based on principles developed by Stanislavsky and Viola Spolin. Each 3 hour class will deal with the freeing of the physical instrument, our goal being the use of the total self in production. Much emphasis will be placed on the use of the voice and stage/T.V. techniques. Qualified students will have an opportunity to perform professionally with Center Stage Theatre West. This course is divided into 2 halves. The First half covers the above mentioned and the second polishes acting to a fine technical form. Total fee for second half is paid directly to the instructor, including a fee for video equipment used. Call instructor for information on class materials. Class will be closed after *first* session. *The instructor has worked as an actress/director in New York and San Francisco for the past 27 years.*
15th Street/Guerrero — Tuesday OR Thursday 7-10 p.m., *4 weeks.* Cost $40 ($20 at registration/$20 pay to instructor at the first class).

Insurance

LIFE INSURANCE: How It Works For You —*Jerrold F. Vistica* — This class outlines the following types of life insurance: INSURANCE FOR RETIREMENT that you can't outlive — "ME" INSURANCE for singles with no dependents — HOME MORTGAGE insurance — LIFE INSURANCE FOR THE BUSINESS LOAN you couldn't otherwise get — *INSTANT ESTATE pension plans for young career women* — BIG TAX DEDUCTIONS for the self-employed on their retirement plans — "WIFE" INSURANCE — EXTRA RETIREMENT INCOME — "BUY-OUT" insurance — MORE insurance for less money. *The instructor is a licensed agent affiliated with one of the major life insurance companies.*
Post/Mason — Saturday 11 a.m.-4 p.m., *One Day January 24th* **OR** *One Day February 21st.* Class minimum 3, maximum 10. Cost $10 pay at registration only.

Literature

COMPARATIVE LITERATURE —*Howard Siegel* — In this course we will discuss any author you choose. We will talk about the style, context, meaning and personal opinion of the book. The authors I'm most familiar with are Balzac, Stendahl, Gide, Faulkner, D.H. Lawrence, Kafka, Sartre, Hesse. However, any others you'd like to discuss will be welcome. *The instructor has a Bachelor of Arts in Comparative Literature and an interest in philosophy, history and literature.*
Polk/Bush — Wednesday 7-8 p.m. Cost $30 ($10 at registration/$20 pay to instructor).

Music

BEGINNING LATIN AMERICAN FOLK MUSIC — *Francisca Wentworth and Juanita Newland* — Learn contemporary Latin American folk songs. Improve your Spanish and your singing. Learn about Latin American culture through music, rhythms and Latin American folk guitar playing. Extensive song transcriptions and translations provided. Singers and/or guitarists welcome. Bring singing selves, tape recorders, guitars, etc. *Francisca and Juanita are members of the Bay Area Latin and North American Folk Group, "Mariposa". Each has an M.A. degree, music-linguistics, and they have taught this course through La Pena and private schools.*
California/19th Ave - Thursday 6-7:15 p.m., *4 weeks beginning January 15th.* Class minimum 4. Cost $35 ($10 at registration/$25 pay to instructors at first class). Drop-ins welcome at $9 per class. Guitarists may stay extra session to learn songs from 7:15-7:45 at $5 extra.

PRIVATE FLUTE LESSONS — *Francisca Wentworth* — Ongoing private flute lessons. Adults and children welcome. Instructor will teach basic music theory as well as flute technique and classical music, which will also provide a strong basis for those interested in improvisation. Bring a flute. *Francisca has an M.A. degree and has studied classical flute in the United States, London, and Salzburg. She has 10 years teaching experience.*
California/19th Ave — *By appointment* — Cost $10 at registration/$12 per individual lesson.

Massage

TRADITIONAL SHIATSU —*Tania Bedford & Chip Wagner* — *Traditionally, Shiatsu is more* than finger-pressure. Specific techniques including stretching and pressure are taught, then the emphasis is on developing your own technique and style. The ancient belief in stimulating energy flow is: If it works, Use it. Learn self-shiatsu, to keep your own energy flowing while massaging, to trust your feelings and to have a good time. A good massage is as relaxing for the giver as it is for the receiver. Wear comfortable clothing and bring notebook, pen and something light to share for lunch. *The instructors have evolved their own styles by studying with many different instructors in many varied disciplines, including Shizuko Yamamoto, Wataru Ohashi, Jun Abe, Michio Kushi and Reyuho Yamada.*
16th Street/Market — Sunday 10 a.m.-4 p.m., *One Day January 18th.* Cost $40 ($15 at registration/$25 pay to instructor at class).

Sexuality

SEXUALITY AND INTIMACY — Gorilla Grotto Staff — A month long series of workshops:
Wednesday 8-11 p.m., *January 7th* — "HOW TO MAKE LOVE TO EVERYONE"
Wednesday 8-11 p.m., *January 14th* — "INTERVIEW WITH A SEX SURROGATE"
Wednesday 8-11 p.m., *January 21st* — "WHAT MAKES EROTIC THINGS EROTIC?"
Wednesday 8-11 p.m., *January 28th* — "WHY YOU SHOULD NEVER HAVE CHILDREN *AND* WHY YOU SHOULD HAVE AN OPEN RELATIONSHIP"
Each evening $3. Pay at the Workshop — At **The Gorilla Grotto,** 775 Frederick at Arguello — No advance registration required. Grotto Information **(415) 731 - 9735** Wed - Sat (5-11 p.m.)

Women

MYTH, MAGIC, REALITY — *Jennifer Marshall* — Myth, Magic, Reality is a supportive space for women to explore and create. We will rediscover who we are as individuals, and as Goddesses, through dance, song, massage, meditation, nutrition, myth and whatever comes up in our self-expression: joy, laughter, anger, sadness. Join our creative energies in healing ourselves and others. Dress comfortably. *The instructor has an M.S. in wholistic health and includes the various approaches to wellness that she has studied in the past 10 years: Shiatsu, polarity, encounter, dance, Gestalt, psychic healing in her practice as a wholistic health counselor.*
Franklin/Pine — Thursday 7:30-9:30 p.m., *4 weeks.* Cost $36 ($18 at registration/$18 pay to instructor at first class).

CHORAL SINGING CLASS IN NORTH INDIAN SONGS by Rabindranath Tagore and Sri Chinmoy. Class has openings for voices of all ranges. Meets twice weekly. Simple musical background helpful. For information and registration please call Sundari at **861-8364** or **861-4148.** Class begins **January 19th.** No Registration Fee Required.

Meeting People

INITIATING A RELATIONSHIP IN 1981 — *Jim Spillane, M.S.* — Learn how to meet good available people! Discover good places to go. Conquer aloneness and fear of rejection. Special ways women meet men. Holding interesting conversations. Making good first impressions. Guide to successful dating! Choosing compatible partners. Building loving, committed relationships. Explore intimate communication, trust, sexuality, expectations, jealousy, romance, body language, etc. Breaking up nicely. Several handouts. Immensely practical, powerful seminar causing positive behavior change and confidence. Free wine party at conclusion. Invitations to weekly parties. *Previously shy, supportive instructor experiences success and wants to share techniques, feelings and happines.*
San Francisco: 18th Street/Caselli — Saturday 10 a.m.-6 p.m., *One Day December 13th.*
Oakland: College/Lawton — Thursday 7:30-10 p.m., *3 weeks beginning January 15th* **OR Saturday 10 a.m.-6 p.m.,** *One Day January 24th.* Class minimum 5, maximum 16. Cost $26 ($13 at registration/$13 pay to instructor at the class).

TREASURE

TREASURE SINGLES LECTURES & PARTIES — *Sue Pitsenbarger & Jim Spillane* — Join the largest San Francisco/Oakland mainly singles organization comprised of hundreds of friendly, positive, youthful, genuine people. Purpose: personal growth, enjoyment, meeting quality people. Our reasonably priced events ($0-$4) include recreation, wine-tastings, hot tub socials, dance lessons, seminars, etc. Join 100 people every Friday and Saturday night! Fridays: entertaining growth and relationship lectures/parties. Saturdays: Fun dance parties. A nonprofit organization for 21-50 years old. Year's membership includes first event free: $20 Treasure, 5461 Lawton, Oakland 94618. Free brochure 655-9990 x21.

illustration by Scott Hacker, student

Take a closer look.
Prescott Center College

If you are realizing that there is more to your education than a traditional 4-year degree...

***PRESCOTT CENTER COLLEGE* offers an interesting alternative. Here the focus is on active and personalized education. Students work with outstanding faculty in interdisciplinary programs such as Environmental Studies, Explorations in Culture, Outdoor Action and Human Development. Research experience and internships are used to assist students in developing competence and self-direction in their chosen fields of study. A student faculty ratio of 6 to 1 allows students to become part of our warm, yet demanding educational community.**

Prescott Center College is located in the pine-forested mountains of central Arizona. However, the true extent of our "campus" has been limited only by the imagination of our students and faculty. During the past year students have studied in remote canyons of the Southwest, the Pacific Northwest, Baja, Scandinavia, and other parts of the world.

To learn more about the unusual details of Prescott Center College write or phone: Lawrence Clendenin, Director of Admissions, 220B Grove Ave., Prescott, AZ 86301. Phone (602) 778-2090.

SAVE THE WHALES GREENPEACE SAVE THE WHALES GREENPEACE SAVE THE WHALES GREENPEACE

GREENPEACE USA
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San Francisco, CA 94109

SAVE THE WHALES GREENPEACE SAVE THE WHALES GREENPEACE

Classes for JANUARY begin the week of JANUARY 4th–10th

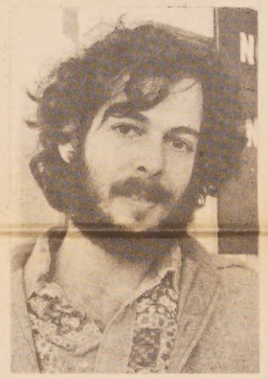
Photography

DARKROOM WORKSHOP/LOOKING AT PHOTOGRAPHS — *Tom Ferentz* — For people with a working knowledge of photography who wish to get more involved, this class will deal with darkroom techniques workshop sessions. Its purpose is to develop skills in printing through the ability to judge prints. In addition to the hands on workshops, time will be spent looking at the work of significant (as well as unknown) photographers to sharpen the sense of what photographic seeing is all about. This course will be taught at the instructor's studio with access to a professional and roomy darkroom as well as photographic resource material. Bring black & white negatives and your favorite paper. *The instructor has been working in photography for over 10 years. He has been teaching photography for 4 years. He has a B.A. in Photography, having done his undergraduate work at the University of Illinois in Chicago and the Chicago Art Institute. He currently heads a college program in photography and has started a photographic gallery. His photographs have been exhibited in San Francisco.*
Valencia/22nd Street — Tuesday 7-10 p.m., *4 weeks.* Class minimum 2, maximum 10. Cost $50 ($15 at registration/$35 pay to instructor at first class).

INTRODUCTION TO PHOTOGRAPHY — *Tom Ferentz* — A good basic introduction to working with black and white photography, this course provides the foundations for further explorations. Use of the camera and the darkroom will be the principal material covered. Each student will actually print photographs from negatives made in class. The class will also deal with photographic aesthetics and composition. This course will be taught at the instructor's studio with access to a professional darkroom facility as well as photographic resource material. Bring a camera, 35 mm or 120 (Box-type). *The instructor has been working in photography for over 10 years. He has been teaching photography for 4 years. He has a B.A. in photography, having done his undergraduate work at the University of Illinois in Chicago and the Chicago Art Institute. He currently heads a college program in photography and has started a photographic gallery. His photographs have been exhibited in San Francisco.*
Valencia/22nd Street — Monday 7-10 p.m., *4 weeks.* Class minimum 2, maximum 10. Cost $50 ($15 at registration/$35 pay to instructor at first class).

COLOR PHOTOGRAPHY WORK SHOP WITH FOLLOW-UP CRITIQUE — *Ralph Marx* — Are you familiar with your camera and now ready to learn how to take great pictures? Class will meet in Golden Gate Park and will use this diverse setting to explore all aspects of photography. Technical questions will be answered, however the emphasis will be on creativity. Demonstrations on composition, exposure and color balance will be given. PRE-REGISTRATION REQUIRED. Class limited to 10. *Ralph Marx is a highly qualified and experienced instructor. Registration/Information (415) 751-5735.*
2nd Ave/1037 Anza — Saturday 10 a.m.-4:30 p.m. AND Sunday *(critique)* **8-10 p.m.,** *Two Days January 17th* **AND** *January 25th.* Course fee $15 pay to instructor.

COLOR PRINTING FROM SLIDES — *Ralph Marx* — This course will cover both the basic process of color printing and the various techniques that professionals use to get the best results and save time and money. Each student will have the opportunity to make one print using the Cibachrome process. PRE-REGISTRATION REQUIRED. Class limited to 3 students. Bring slides to class. *Ralph has worked with several master photographers and printers. He has exhibited his prints all over the Bay Area. Registration/Information (415) 751—5735.*
38th Ave/3310A Judah — Saturday 10 a.m.-4 p.m., *One Day January 24th.* Course Fee $25 plus $10 for materials and supplies pay to instructor.



EDUCATION FOR CRITICAL CONSCIOUSNESS

A Local Effort

by

Michael D. James

In the aftermath of the recent presidential election, the difficulties of working people and ethnic minorities in the U.S. will intensify. The reaction of fiscal and political conservatism forces tougher struggles for basic survival upon citizens outside of the affluent classes, it no doubt means new obstacles for the efforts of progressive political, labor, cultural, and educational actiog groups and movements.

Meanwhile, covert and overt interventions of multinational corporate interests and their governmental and military sponsors continue to amass casualties in emerging Third World countries such as Bolivia, Peru, the Phillipines, etc.

Nevertheless, the historical movement against class domination and imperialism continues; here in the U.S. it is composed of many organizations.

Our work—The Project For Literacy Education—is a cooperative effort of local teachers and students toward developing methods of education for critical consciousness (conscientization) in ethnic minority and working class communities here in the Bay Area. Our focus is upon building basic literacy skills, but our approach involves *conscientization* for the students (and teachers) who participate. Conscientization means the heightening of cultural consciousness; developing class consciousness; generating the ability to perceive social, economic, and political contridictions, and act against oppressive structures and systems, and inspiring the consciences of all participants that all are continually and enthusiastically motivated to take action.

Behind these grand notions is a simple effort to create humanistic teaching-learning methods. The Project For Literacy Education comprises four teachers, a handful of university students, and (this year) some 45 students. High school aged students have been organized into learning groups that meet twice weekly for nine months; we are currently organizing an adult class within a local progressive trade union that is interested in this work. The ethnic and class composition of coordinators (teachers) and students is predominantly minority-American, immigrant, and working class. Students originate from local neighborhoods and social organizations with whom we cooperate.

Our work of the past nine months produced positive results. Students participated in a critical education process that demanded they begin to look critically at the society around them; it also provided an arena for critical inquiry and dialogue concerning matters of culture, politics, economics, and their relationship to the struggles of daily life. Avenues of social, cultural, and political involvement are suggested to the students throughout the program; some students are working with local groups and organizations as a result of their participation in this project.

The literacy education approach is modeled largely after programs developed in Guinea-Bissau, Lebanon, and earlier efforts of popular education in Brazil, Peru, Cuba, and Chile. Our pedagogy is influenced strongly by ideas pioneered by Paulo Freire, a Brazilian educator who has done extensive work and writing in the area of popular education.

The effort to generate critical consciousness in the U.S. has many aspects. Popular education is our avenue of work toward this goal. We are conducting teacher education workshops on a quarterly basis; these are open to organizers, students, and especially teachers interested in the development of new pedagogy.

Please inquire further about the nature and scope of this work. If you are interested in this project, please submit a brief, comprehensive resume, and respond to the following:

Why you are interested in this work?

What is your understanding of "education for critical consciousness"?

Why it is important (if it is at all)?

Offer a spontaneously written social biography that talks about *you and some significant* involvements/changes you've gone through in your life.

Priority consideration will be given to ethnic minority/Third World women.

If you've gotten past all of this madness and are still interested, please contact or submit your stuff to: The Project For Literacy Education, Michael D. James, Coordinator; 2940 16th Street, Room 311, San Francisco, California 94103. (415) 863-8834.

ARTISTS' OPEN HOUSE

ED SHERMAN

ELLY SIMMONS

PRISCILLA

CHARITY SNYDER

1934 Taylor St
776-4893

FORT MASON CENTER

Daily recorded messages of Fort Mason activities and events: 441-5705

December 1980

All events are presented through the cooperation of Fort Mason Foundation and the Golden Gate National Recreation Area. Visit Fort Mason Center, Laguna and Marina Blvds., S.F. 94123. 441-5705.

1 MONDAY
Oceanic Society presents **The New Generation of Whales** Does the friendly behavior of the Grey Whale go beyond normal curiosity? w/Steve Leatherwood, 7:30 PM, Bldg. A, $1/free-mem, 441-5970

Folk Art Internat. Holiday Sale. Art from Mex., S.A., Africa, Asia & South Seas & N. Amer. Masks, Weavings, etc. Unique opportunity. **Daily thru 12/4.** 10am-9pm, Bldg. A, **FREE** 435-3676

2 TUESDAY
S.F. Ski Patrol Meeting Open to Public. Guest Speaker, First Aid, Survival. 7-10 PM, Bldg. C, **Free**

Playwrights Center **Script Reading-Crit. "The Three Flamingos,"** a two-act serio-comic stage play about three women and their family identity, by Laurel Kolar, 7:30 PM, Bldg. C, $1, 931-2392

Outward Bound Reunion & Author's Party Open to alumni & public. Meet Ed Bernbaum, author of **The Way to Shambala.** Slides of Himalayas, 8 PM, Bldg. C, Free, 994-4110

Greenpeace General Meeting, 6 PM, Bldg. E, Free, 474-6767

3 WEDNESDAY
Oceanic Society presents bi-monthly lecture on history, biology and migration of **Grey Whales.** Free to "Whale Watch" passengers with vouchers. $1.50 others. 7:30 PM, Bldg. E

Mace Certification Course Pre-registration required. Call 564-5951. $25 includes license. 7 PM, Bldg. E

Music Business Seminar Music by the Bay seminar on aspects of music business. Panel discussion & Q/A period. 6 PM, Bldg. C, 474-5600

4 THURSDAY
Full Confessions of a Socialist People's Theatre Coalition and S.F. Mime Troupe present **England's Best Known Political Theatre Company's First Visit to the West Coast** with their Obie Award Winning Play. An incredibly funny play about a working man who missed the revolution in Britain, while package-holidaying in Spain. **Thur. 8 PM, Fri. & Sat. 8 PM & 10:30 PM, Sun. 2 PM** Thru 12/28 except 12/25, Bldg. B, $5/PAS + $2.50, 285-1717

A Double Bill. Magic Theatre presents two one-acts: **Frankie & Johnnie: A True Story** Winston Tong's Obie Award Winning performance style creates a high tech study of Schizophrenia punctuated by Bruce Geduldig's noted brand of Media magic. **The Saints of Father Lyons** with John O'Keefe. A solo piece which depicts the transformation & revelations of a spirit-haunted priest on the last night of his life. **Thur-Sun,** 8:30 PM, Bldg. D, $7.50/$6/P.A.S., 441-8001

Plowshares Coffee House presents **Stones Throw** Distinctive blend of vintage jazz, blues, R&B, and country music. A dynamic stage performance. 7:30 PM, Bldg C, $2.50/PAS, 441-8910

Themes on Spiritual Unfolding Meditation & Discussion on mysticism & inner life. Sponsored by CAFH Foundation. 3 Thurs., 6:30 PM, Bldg. C, 234-1593

5 FRIDAY
Shanghai, Our Sister City presented by U.S.-China Friendship Assoc. Slide Show. Panel discussion with scholars from Shanghai, 7:30 PM, Bldg. B, $2, 863-0537

Sierra Club, Diving Expedition Fund-Raiser Film, slide, Lecture on Cordell Bank Area's unique marine species & environmental impact of oil drilling. 8 PM, Bldg. C, $2, 447-2640

Obvious & Hidden Energies, Breema Shiatsu Center Lecture/demo by Manocher Moxlai, 8 PM, Bldg. E, $3, 527-3977

Facts and Fiction about Infertility presented by Resolve & Planned Parenthood. Movie followed by panel discussion. 6:30 PM, Bldg. C, $5, 459-2995

Gala Plowshares Third Anniv. Concert U. Utah Phillips, Kate Wolf with Nina Gerber, Caswell/Carnahan, At Nourse Hall, 135 Van Ness Ave., $6 adv/$7 door

PTC's **Full Confessions of a Socialist** 8 & 10:30 PM, see 12/4
Magic's **Double Bill,** 8:30 PM, see 12/4

6 SATURDAY
S.F. Apple Core General Meeting A Monthly opportunity to share experience & knowledge on Apple personal computers. 9 AM-5 PM, Bldg. C, **Free**

African Music and Dance Ensemble directed by **Master Drummer, C.K. Ladzekpo.** Presented by Center for World Music. Traditional West African Music and Dance, 8 PM, Bldg. C, $4/$3-PAS, 441-5778

Bay Area Lawyers for the Arts Holiday Art Auction & Celebration. Two separate auction lots offered on Dec. 6 & 7. Works of Fletcher Benton, Toby Judith Klayman, Elio Benvenuto, Eleanor Dickinson, etc. Participating are the Maxwell Galleries, Charles Campbell Gallery, Pat Carey Gallery & others. Previews start 7PM. Bidding 8PM. Bldg. A, 775-7200.

PTC's **Full Confessions of a Socialist,** 8 & 10:30 PM, see 12/4
Magic's **Double Bill,** 8:30 PM, see 12/4

7 SUNDAY
Award Winners from the 1st & 2nd Poetry Film Festivals Butterflyman & The Woman by Ray Price, Assassination Raga - Lawrence Ferlinghetti, Yantee, A renaissance Artist from Boston, and others. Wine will be served free. 8 PM, Bldg. D, $2, 921-4470

S.F. Arts and Letters Book Sale 11AM-4PM, Bldg. D, New books for Christmas. 85% Discounts, 771-6711

Skin Care Fair Info. & Demo. on Acupuncture, stress, bodywork and their relation to healthy skin, skin care products & at home skin care. 10AM-5PM, Bldg. A, $2, 922-4254

20-cent Book Sale Friends of S.F. Public Library. All books sold for 20 cents, hardcover & paperback. Variety of subjects. 11AM-4PM, Bldg. C, **free,** 558-3770.

Plowshares Coffeehouse presents **Jane Voss, Hoyle Osborne, Rosalie Sorrels.** Combine Hoyle's dynamic, swinging ragtime piano with Jane's torrid blues singing and Rosalie's striking songs of life and love and we've quite a program for you here! 7:30 PM, Bldg. C, $2.50/PAS, 441-8910

Jazz on Sunday, presents **Bishop Norman Williams,** and his group playing Be-bop & Funk. w/Williams on sax, David Ginsburg on trumpet, Jeff Carney on bass, Joaquin Young on piano, Bobby Rosenstein on drums. 2PM, Bldg. D, $2.40, 552-4387

Magic's **Double Bill** 8:30PM, see 12/4
PTC's **Full Confessions of a Socialist** 2PM, see 12/4
Bay Area Lawyers for the Arts Holiday Art Auction, 7PM, see 12/6

8 MONDAY
Touring Europe, Inroads to Street Performing, presented by People's Theatre Coalition. Informal discussion with European guest artists Mario and Lisa Fraschetti. 7:30PM, Bldg. B, Free, 776-8999

Books & Authors Christmas Party & Sale Publisher's books appropriate for all ages for attractive & practical Christmas gifts. Sponsored by S.F. Reading Assoc., 4-7PM, Bldg. C, Free, 826-7595 eve.

Eckankar Sat-Sang Class Must pre-register, Call 776-3043, 6 PM, Bldg. C, Free

Amazing Yoga of Sri Chinmoy made-for-America open door to devine achievement and life fulfillment, 6-9:30 PM, Bldg. C, **Free,** 861-4148

9 TUESDAY
Playwrights Center **Script Reading - Crit. "Escape from the Fishbowl,"** a one-act farce on love and neurosis, by Charles Dodd. 7:30PM, Bldg. C, $1, 931-2392

S.F. Opera Orchestra members perform works of Beethoven and Mozart, 8 PM, Bldg. A, $5/$3.50, 461-0701

Songwriters Resources presents the **Song Evaluation Workshop** with Pat & Pete Luboff. Bring guitar or cassette & 10 copies of your lyrics. Fun & learning, 6-10PM, Bldg. C, $5/free-mem 213/463-7178

10 WEDNESDAY
On The Waterfront Oceanic society presents Elia Kazan's Film, starring Marlon Brando. Followed by Saturday walking tour of the Port of S.F. A close look at the history of the S.F. waterfront, emphasizing labor strike of the 30's, 6:30 PM, Bldg. E, Film $4, walking tour $15, 441-5970

The Art of Expression Lecture/slide show by Painting Expression Studio on inner adventure of creative discovery in painting with Michelle Cassou. 8 PM, Bldg. B, $1 564-8515

11 THURSDAY
Plowshares Coffeehouse presents **Contra Dance** with Kirsten Koths. No prior experience necessary to enjoy this evening of traditional New England dance and music. Kirsten teaches the enthusiastic bi-weekly class in Berkeley. Music by Stan Kramer (fiddle) and friends. 7:30 PM, Bldg. C, $2.50/PAS, 441-8910

The Adventures of Martin Edin & Prince of the Oyster Pirates Maritime Humanities Center presents it's 1st monthly Public Forum, 2 Films on the work & life of Jack London. Commentary by Russ Kingman, London biographer, 8 PM, Bldg. C, **Free,** 771-3488/89

National Council for Geocosmic Research membership research meeting, 8 PM, Bldg. E, Free, 386-2625/848-6086

Themes on Spiritual Unfolding 6:30 PM, see 12/4
PTC's **Full Confessions of a Socialist** 8 PM, see 12/4
Magic's **Double Bill** 8:30 PM, see 12/4

12 FRIDAY
Irish Country Dance & Concert Larry Lynch, U.S. Champion dancer, leads audience participation in Irish country dancing with live music and song between dances. 8:30PM, Bldg. C, $4, 386-6437

Media Alliance 4th Annual Holiday Howl Music . . . super danceable Roy Loney & the Phantom Movers. COMIC RELIEF . . . Darryl Henriques & Bobby Slayton. Art Dreco exhibit. No-host bar, free food. Auction, 6:30 PM, Bldg. A, $3, 441-2557

Magic's **Double Bill,** 8:30PM, see 12/4
PTC's **Full Confessions of a Socialist** 8 & 10:30PM, see 12/4

13 SATURDAY
Walking Birds Christmas Sale Unique crafts from the area's leading crafts people, emphasizing quality & reasonable prices. Benefits Institute for the Study of Human Knowledge. 10AM-5PM, Bldg. C, 776-8247

Christmas Arts & Crafts Sale Benefit show/sale for Marie Carosello's film exploring misuse of animals in scientific research and alternatives thereto. 10AM-8PM, Bldg. A, **free,** 652-5003/334-0142

Fat Liberation Eating/self awareness techniques to help lose weight. 90% lose and keep it off. Lose! Win! Naturally. 10AM-4 PM, Bldg. C, $20, 652-4400 Ex 400

Body By Fischer A free Aerobic Conditioning wkshop w/Mary Fischer. Learn to invigorating music. Alleviate injuries, problems, etc. 11 AM - 1 PM, Bldg. C, **FREE,** 775-8229

Past Lives Experience, w/Reinea Goldsegar. Three self-selected former lives through group hypnosis. Bring sleeping bag and pillow. 9AM-5PM, 12/13, Bldg. E, $35, 552-5154

Port of San Francisco Tour All day walking tour of Port of S.F. subsequent to Dec 10 showing of "On the Waterfront" at Fort Mason. Participants will walk length of waterfront accompanied by union leaders and seasoned longshoremen. 9AM-5PM, $15, Call for info. 441-5970

PTC's **Full Confessions of a Socialist** 8 & 10:30 PM, see 12/4
Magic's **Double Bill** 8:30 PM, see 12/4

14 SUNDAY
Award Winners from 3rd & 4th Poetry Film Festivals "Madsong" by Kathleen Laughlin, "Angry Faces" by Dominic Falcone, "Cavafy Fragments" & others. Wine served. 8PM, Bldg. D, 921-4470

Games People Play Day of competition making new friends & learning more about yourself. Bring your favorite games. 10 AM-5PM, Bldg. C, $3, 474-7100 (Jeff Engle)

Plowshares Coffeehouse presents **Debbie McClatchy.** She'll be doing her well-beloved mix of traditional N. American & British Isles tunes & ballads, resistance songs & Gold Rush songs on spoons, whistle, guitar, banjo, and dulcimer, 7:30 PM, Bldg. C, $2.50/PAS, 441-8910

Jazz on Sunday presents, **Endangered Species** Art Washington, Junis Simmons, Al Clark, Mellow Jazz w/50's R&R with Jazz touch, 2 PM, Bldg. D, $2.50/PAS, 552-4387

Christmas Arts & Crafts Fair 10AM-7PM, see 12/13
Walking Birds Christmas Sale, 10AM-5PM, see 12/13
Magic's **Double Bill** 2PM matinee & 8:30PM, see 12/4
PTC's **Full Confessions of a Socialist,** 2PM, see 12/4

15 MONDAY
Theatre After The Revolution: Cuba 1980 S.F. Mime Troupe will discuss recent 2 week tour of Cuba & Cuba's current cultural policies. Slides, 7:30 PM, Bldg. B, **FREE,** 776-8999

Publicity - How to get it sponsored by Music by the Bay. Panel discussion with Q/A. Speakers-Ken Baker, Shelia Renee, John Artman, 6:30 PM, Bldg. C, $5, 474-5600

Blue Bear School of Music Fall Quarter Workshop Show - Jazz and Voice, 8 PM, Bldg. D, **FREE,** 673-3600

16 TUESDAY
Playwrights Center **Script Reading - Crit. "Captive Christmas,"** a stage comedy on an unusual holiday, plus other festive comic skits by Vin Morreale, Jr., 7:30PM, Bldg. C, $1, 931-2392

Blue Bear Show - Rock and Blues, see 12/15
S.F. Opera Orchestra, 8 PM, see 12/9

17 WEDNESDAY
Oceanic Society - Grey Whales, 7:30 PM, see 12/3

18 THURSDAY
Plowshares Coffeehouse presents **Will Spires and Friends** betwn. tours to Louisiana, Mexico, & Far East. Performing many different kinds of international folk music, Will will (ha!) concentrate tonight on authentic Louisiana Cajun music, 7:30 PM, Bldg. C, $2.50/PAS 441-8910

PTC's **Full Confessions of a Socialist** 8 PM, see 12/4
Themes on Spiritual Unfolding, 6:30 PM, see 12/4
RESIDENTS MEETING 3:30 PM - 5 PM, Bldg. A

19 FRIDAY
Tektite Society Meeting - Man in the Sea Educational talks with Audio-Visual Presentations. All types of undersea research & exploration, 8 PM, Bldg. C, **FREE,** 566-9390

Hospital Audiences Dance for Seniors & Clients of Soc. Serv. Agencies live entertainment, free refreshments, 1:30 PM, Bldg. C, Free, 776-9171

PTC's **Full Confessions of a Socialist** 8 & 10:30 PM, see 12/4

20 SATURDAY
Shadow Play Theatre Co. Center for World Music presents **Balinese Shadow Play,** 8 PM, Bldg. C, **CHILDREN INVITED** $4 gen, $3 stu. & sen., $2 kids, PAS, 441-5778

Make Your Own Auto Fuel for 43¢/gallon. Basic Info. on how to make auto fuel, 10 AM - 6 PM, Bldg. E, $55, 621-6338

PTC's **Full Confessions of a Socialist.** 8 & 10:30 PM, see 12/4

21 SUNDAY
Jazz on Sunday presents **Tom Darter, Larry Kassin Duo** like Bartok & Jerrett. Wow! 2 PM, Bldg. D, $2.50, 552-4387

Plowshares Coffeehouse presents a **Holiday Party** Carol & Wassail sing. Share holiday spirit(s) with us as we sing out the old and sing in the new. Free refreshments &/or bring your own, 7:30PM, Bldg. C, 441-8910

Award Winners from the 5th Poetry Film Festival, also works from workshop members during 1980. Wine free, 8 PM, Bldg. D, $2, 921-4470

PTC's **Full Confessions of a Socialist,** 2 PM, see 12/4

25 THURSDAY
SEASON'S GREETINGS!

26 FRIDAY
PTC's **Full Confessions of a Socialist,** 8 & 10:30 PM, see 12/4

27 SATURDAY
PTC's **Full Confessions of a Socialist,** 8 & 10:30 PM, see 12/4

28 SUNDAY
PTC's **Full Confessions of a Socialist,** 2 PM, see 12/4

Jazz on Sunday presents **Kerrigan Black & Friends** New Arrangements of old standard. 2 PM, Bldg. D, **FREE,** 552-4387

Plowshares will not perform tonight

Classes and Workshops

Health & Recreation

Energetics. Sandy Donegan's fitness classes include all six factors of physical fitness combining aerobics, calisthenics, yoga, ballet, to up-beat music. **Mon & Wed:** 8AM, 9AM & 5PM. **Fri:** 8AM & 9AM. **Sat:** 9 & 10AM, Bldg. C, $3/class, $24/12 classes, 332-9100

Aerobic Conditioning. Mary Fischer. A complete workout w/exercise, dance and yoga - to music. Invigorating, informative, and entertaining. **Tues & Thurs.** 9-10:30 AM & 5:30-7 PM, **Mon. & Wed.** 10-11:30 AM & 6-7:30 PM.**Sat,** 11AM - 12:30PM. Bldg. C, $24/series or $4/class 775-8229 ends 12/18

Sensory Awareness. Explore your possibilities for clearer and truer sensory perception. Based on the work of Charlotte Selver. Littlewood, Lowe & Carter. **Sat:** 10am-12pm & 2-4 pm, Bldg. C, $6/class 332-9100 Ends 12/20

Creative Bodywork Center presents **The Best Workout in Town.** Dynamic, total exercise system developed by Leora Myers, RN. Flexibility, muscular strength & aerobic conditioning set to upbeat music. **Sun:** 12-1 pm, Bldg. C, $4/class $15/4 classes 221-2683

Lamaze Childbirth Preparation. w/ASPO Cert. Lamaze instructor. Labor, Delivery, Relaxation & Breathing techniques. Need Dr. OK. **Sat.** 10-Noon, 6 wks. Bldg. C, $35/couple. 661-7850 Ends 12/27.

Let's Move—A complete exercise program. w/Stephanie & Sheila Earle. **Mon, Wed & Fri**-10-11am $1.50/class, **Tues & Thurs**-10am-12pm $2.00/class. Eve: $2/class. **Mon**-6:30-8pm, **Wed**-7-9 pm, **Fri**-6:30-8pm. Bldg. C, 776-4509

Shaping Up With Helene. High energy exercise class using Jazz warm-up, Aerobic Dance, Yoga stretches all to music. **Sat:** 10-11am, Bldg. C, $4/single-$18/6 classes. 387-2140 Begins 12/6.

Ballroom Dance. Ernie Haeusslein's popular class for beginners thru advanced, plus an hour of social dancing. **Tues.** 7-10 PM, Bldg. C, $19 single/$35 couple, $15/$25 mem. YMCA 885-0460 begins 12/16

Jazzercise. Elaine Palmer. A wild & wooly work-out to condition you & lift the spirit. **Tues. & Thurs.,** 5 to 7pm, $20/8 classes $10/session, $3/drop-in. Bldg. C, 254-7463/284-9061 12/2-12/18

Speed Chess Tournament. Thurs. 8-10PM, $5 registration. **Chess Instruction. Sat.** 10AM to 11AM **Thurs.** 6PM to 10PM. Membership $36/year, $1/week. Bldg. B, 981-4484.

Motherdance. Gretchen Phillips. Prepare for or rejuvenation from childbirth. Doctor's OK required. **Mon. & Wed.** 11AM to 12Noon. Bldg. C, $30/10 classes. 885-0460. Ends 12/10.

Awareness Through Movement/Feldenkrais Method w/Julie Casson. Gentle movement lessons to improve posture, breathing, movement & self image. **Tues.** 12Noon to 1PM. $32/8 classes. Bldg. C. 647-3056.

Jazz Dance free style & partner dance w/emphasis on personal style. **Tues.** 6-7pm thru 12/23, Bldg. C YMCA, 885-0460

Dance Exercise w/Joanne Huston. 6 weeks. Exercise for dancers & non-dancers consists of exercise & dance routines to music. Easy & vigorous. **Mon. & Thurs.:** 6:30-7:30PM, Bldg. C, thru 12/11 YMCA 885-0460

Therapeutic Touch — A Healing Modality. Reinea Goldsegar, B.S., M.A., PhN. A scientifically tested method of healing & pain relief, learn alternative perception, how to transmit healing energy. **Tues.** 6:30-9:30PM. $40/series, **Nurses** 12 C.E. hours, $5 extra. Bldg. C, 552-5154. 12/2, 9, etc.

Polynesian Dance. Raymond Keili Engler teaches dances of Hawaii, Tahiti, Samoa & New Zealand. Teens & Adults. 2-4PM. thru 12/27, YMCA, Bldg. C. $32. 885-0460.

Performing Arts

Acting Class w/Jonathan Stutz. Scene study, sensory training by Strasberg-trained director. **Mon., Tues. & Wed.** 8-11PM, **Mon.** 3-6PM, Bldg. C, $13/session 549-2063 Begins 12/23.

Improvising Scenes Wkshp w/Sue Walden. Tools, exercises & practice in creating comedic & dramatic scenes spontaneously. Ongoing classes. Bldg. C, 771-1046 for info.

Blue Bear School of Music. Class & workshop registration. Rock & Roll, jazz, voice & more. Register 12/8-1/10; **Mon-Thurs** 1-8PM. Bldg. D. **Free catalogue** & further info available. 673-3600.

Song Evaluation Songwriters Resources & Services group discussion on all aspects of songwriting. Bring guitar or tape of one song & 10 copies of lyrics. $5/**mem. Free Tues.** 12/9. Bldg. C. 6-10PM.

Street Performing Workshop. Il Campo founders Mario & Lisa Fraschetti instruct on various exercises and improvisation techniques in 3 day workshop. Dec. 12, 13, 14. 9:30AM-3:30PM. Marina Theater. Bldg. B $60 (scholarships available), 885-2790 for info & reg.

Academy of Media & Theatre Arts. Ongoing acting, voice improvisation, auditioning, dance & opportunities in production for young people, ages 12-18. Call Candace Barrett at 776-4720 for schedule & tuition.

Visual Arts & Media

Western Public Radio Class in Creative Vocal Techniques. W.P.R. Center Studios. **Sat.** 10AM-1PM. $70 series. Starts 12/6. 771-1160.

Basic Film Wkshp. Poetry Film wkshp for adult beginners & intermediate students to create short feature, documentary, nature, & poetry films. Indiv. & collective projects. Instruction in use of camera, sound & editing. **(3 Sun.),** 2-5PM, Bldg. D. $5. 921-4470.

Media Training for Community Groups. See Media Alliance listings. Call 441-2557 for more information.

Martial Arts

Tai Chi Chuan. Sifu Fong Ha. Complete classical forms w/emphasis on meditative aspects. **Tues. & Thurs.** 7-9PM, Bldg. C, $35 mo. 524-4718.

Jing-mo, Northern Shaolian Kung-fu. Jack Man Wong. Shaolian Kung-fu & Tai-chi for health & self-defense. **Wed. & Fri.,** 6-8PM **Sun.,** 10 Am-Noon, Bldg. C, $25/mo. 261-7105 Begins 12/3.

Tai Chi Chuan. Chinese system of exercise to stretch the body and calm the mind. Barbara Riddle. **Wed.,** 5-7PM, Bldg. C, $24/month. 668-6207 Begins 12/3

Children's Classes

Children's Animation Film Wkshp. The only young people's film wkshp in the Bay Area. Kids use their own drawings, poems, do narration & sound effects, make films under expert supervision. **Sun.** 10AM-1PM. Starts 12/7. $3 per session. Bldg. D. 921-4470.

SF Children's Art Center. Instruction in painting, drawing, sculpture & printmaking; individual attention to each child's development. Bldg. C, Call 771-0292 for schedule. (ongoing)

Self-Reliance

French For All. French at 3 levels for beginners, those who have had some French & those who are more fluent. Film strips, tapes & phonetiques utilized. **Tues., Wed. & Thurs.,** 6-8PM, Bldg. C. $5.50 per class. 673-8324.

Tear Gas (Mace) Certification Course Dept. of Justice required course taught by Judith Fein. 7-10PM. **Wed.** 12/3. Bldg. E. $25. For more info & to register call: 564-5951.

Owner Builder Center offers courses on plan drawing and design for building your own home. Contact 848-5950 for info.

Themes on Spiritual Unfolding. CAFH Foundation discussion & meditation on aspects of mysticism & inner life development. **Thurs.** 12/4,11,18 $18.00/series. 6:30-8PM. Bldg. C. 548-5490.

Amazing Yoga of Sri Chinmoy. Ratna King of Sri Chinmoy Center teaches on opening the door to divine achievement & life fulfillment. **Sun.** 12/7. 1-5:30PM. Bldg. C. **Free.** 626-6411.

Eckankar Class. Mon. 12/8 6-8PM. Bldg. C. For further info & to pre-register call 776-3043.

GALLERIES

"Works on Paper" — Sight & Insight, Inc. presents Diane Bancel at the **Perception Gallery. Free. Wed.-Sun.** thru. 12/14. 1-4PM. Group show, 12/17-1/11 Bldg. C.

SFMMA Rental Gallery *Group exhibit* . . . Richard Aipert, Mark Ashworth, Carl Dern, Irene Dogmatic, Anne Jones, Peter Stegall, Andrew Watel. **Tues.-Sat.** 11:30AM-5:30PM, closed 12/24-1/6, Bldg. A, 441-4777

Contemporary Crafts, Meyer Breier & Weiss Functional Forms — clay, glass, fiber. **Tues.-Sat.** 11AM-5PM, closed 12/25-1/5, Bldg. A, 928-2119

World Print Gallery Prints by 13 Canadian Artists evoking the ruggedness, spatial quality, and light of the Canadian landscape. Mon.-Fri., 10AM-5PM. **Open House & Benefit Sale** of donated prints for World Print Council, **Dec. 13 & 14** 10AM-5PM, Bldg. B, 776-9200, closed 12/20-1/6

Dickens Christmas Faire

Thru Dec. 28, Pier 3. Charles Dickens' London comes alive! Sat. 10AM-10PM, Sun. 10AM-7PM. Adults $7.25, Kids $3.75, Seniors $4.50, Season Passes $14.50, 434-4625

Guardsmen Christmas Tree Sale

Thru Dec. 24, Pier 2, Wreaths, holly and a variety of decorations are available. Free parking. Delivery in S.F. Proceeds go to the Guardsmen Campership Fund. 10AM-10PM, 781-6785

Join Us

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Astrology

ASTROLOGY IN ACTION — *Gail Knowles* — Participants are invited to bring their birth charts and share their life experiences with us in a relaxed, non-judgmental atmosphere as a means of learning Astrology experientially. The instructor will also present the charts of famous persons along with the corresponding astrological significators to key developments in their lives. Handout material on the astrological language will be included. Birth charts can be obtained for an additional $2.00 fee. *The instructor is an astrological consultant and has been an intensive student since 1973 of the Astrological Language as it relates to humanistic and transpersonal psychology.*
26th Street/Sanchez — Tuesday 7-9 p.m., *4 weeks*
Cost $30 ($15 pay at registration/$15 pay to instructor at the first class).

Arts & Crafts

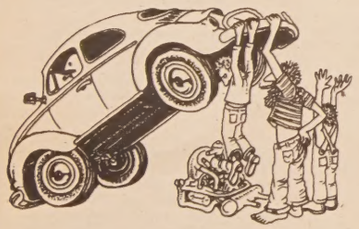
CROCHET FOR BEGINNERS — *Val Hirschey* — The class will begin with instruction in the basic crochet stitches, maintaining a stitch guage, and work on some practice samplars. We will discuss choice of yarns and color schemes. Instructor will provide patterns for small projects such as hats or scarves or students may bring a pattern of their own choosing so we can learn to read and follow pattern instructions and complete a project. Bring a crochet hook size G, H, or I. Instructor has much yarn. *The instructor has been doing crochet for the past 12 years, learning through trial and error, and now designs her own patterns and creates with her skill.*
23rd Street/San Bruno Ave — Thursday 8-10 p.m., *4 weeks*
Cost $20 ($10 at registration/$10 pay to instructor at the first class).

WATERCOLOR — OIL — ACRYLICS: The Elements of Color-Light-Texture — *Joelle Chicheportiche* — This class will explore the nature of color—as a physical element and as it expresses human sensibility. This class is purposely small to allow for concentrated work with the instructor and to afford the exchange of insights from the different mediums. We will first examine in detail the basic colors—their contrasts and effects. Then for those interested in watercolor we will work with the quality of light. For those who wish to work in oils and acrylics we will experiment with proper techniques to attain the textures and effects the student wishes to achieve. Finally, we will explore the effect of color on emotions and discuss some of the research on the psychological and symbolic characteristics of color. Bring the basic colors of your medium, appropriate brushes, paper, canvas, turpentine, etc. Easels provided. The instructor can be consulted on materials upon registration. *The instructor came to California from France, the country where she began her studies (in Paris and Aix-en-Provence). In 1978 after two of her paintings won First Prize and Honorable Mention in the Women's International Year competition in Mexico, her works, including two large scale murals, went on extensive exhibition. In 1979-80 she spent 6 months in Mexico in archeological research.*
Corbett/Romain — Saturday 9:30-11:30 a.m. OR 12 noon-2 p.m., *4 weeks.* Class maximum 5. Cost $45 ($20 at registration /$20 plus $5 use fee pay to instructor at the first class).

Advertise your Class or Event

Call 474-3775 for rates.

Fixing Cars



BASIC AUTO MECHANICS FOR MEN & WOMEN — *Gerald Lewis* — Students will learn how cars and engines work, how to do many repairs themselves, and at least understand the more complicated stuff to keep from getting ripped off. The course includes: basic auto systems, overheating and antifreeze; brake systems and brake jobs; electrical problems; emergency trouble shooting (what to check if your car won't start or conks out on the road); how to buy a used car; and more. Students will actually work on each others cars. The class is held at a professional auto repair shop. *The instructor is a fulltime auto mechanic who has been teaching auto repair for 5 years. His classes have been featured in the* San Francisco Chronicle *and the* New York Times.
Florida/18th Street — Monday 7-10 p.m., *6 weeks beginning February 9th* **OR Tuesday 7-10 p.m.,** *6 weeks beginning February 10th* **OR Saturday 10 a.m.-1 p.m.,** *6 weeks beginning February 14th.* Class minimum 5, maximum 20. Cost $55 ($15 at registration/$15 plus $25 materials/use fee pay to instructor at the first class).

Business

HOW TO START A NEW BUSINESS — *Jerrold F. Vistica* — This class is designed for sparetime, part-time, and fulltime businesses. Includes how to start on little or almost no cash, where to get know-how, how to borrow almost all the money to start. Explains taxes, licenses and permits, zoning and other regulations. How to manage, sell, keep books, make business plans and budgets. Special attention for minority business people. Handouts included. The book, *How To Start And Manage Your Own Business*, $2.25, Mentor Press, is recommended. *The instructor has a B.S. in Business from U.S.F. and has helped start over a dozen businesses of different kinds. He is involved in business sales, consulting and finance, is listed in Who's Who In The West and has many years of experience.*
Post/Mason — Saturday 10:30 a.m.-4:30 p.m., *One Day January 17th* **OR** *February 14th.* Class minimum 3, maximum 10. Cost $30 ($15 pay at registration/$15 pay to instructor at the class).

Cooking

TRADITIONAL CHINESE COOKING — *Shui Yun Fu* — This class is designed for the lover of authentic Chinese cuisine. You will learn the techniques of preparing the typical family-style meal. The instructor offers choice recipes from Canton, Peking, Szechun, and other parts of mainland China. There will be special emphasis on retaining the nutritive value of these excellent vegetable dishes, using all natural ingredients. All recipes, materials and ingredients will be provided, with a traditional dinner following class. *The instructor is a native of Shanghai with a rich background in culinary talents. She has taught in private cooking schools in New York, New Jersey and Palo Alto, California.*
Post/nr Japan Center — Tuesday 6:30-8:30 p.m., *4 weeks.* Class minimum 5, maximum 7. Cost $55 ($15 at registration/$15 plus $25 for materials pay to instructor at the first class).

COOKING FOR HEALTH
Relation of Foods and Health
Mary Claassen

This class introduces the spectrum of health foodstuffs, the energy producers, the special protective foods, the rejuvenative foods. Demonstrates timesaving, freshness preserving, enriching techniques and simple best tasting recipes for painless change of taste preferences, non-sugar sweetness, maximizing vitamin/enzyme/hard-to-get minerals intake/retention. Complete protein explained, complementarity charted. Magnificent juices, salads, dressings, sauces, spices & herbs, omelets, fish, main dishes, tofu, miso, meat methods, breads/cakes from freshmilled grains, desserts. One session featuring Champion juicer, juices/drinks/teas/foods for perfect translucent skin, clear eyes, luxuriant hair, optimum health. Food combining. Cover minimum nutrition needs with 5 simple inexpensive ingredients from your neighborhood health food store. No fad foods or diets. Especially helpful for the single or non-cook. Utilizes taste secrets from many cuisines. Every dish an honor to the finest table. Printed recipes and glossary for each lesson. Come prepared to sample. *The instructor has pursued a life-long interest in fine cooking, innovating and creating her own recipes for which she has won prizes, has catered parties and buffets. She brings to the class her own experiences with organic gardening and nutritional rehabilitation since 1968 and shares her extensive library for reference.*

4 TUESDAYS 7-10 p.m.
Beginning January 13th, 1980
Class maximum 6 Cost $40 Jackson/Hyde Sts
$20 Advance Registration Required
Use Registration Blank, Page 7.

Dance

DANCERCISE — *Eleanor Glorioso* — Beginners, intermediates and advanced are welcome to participate in this dance workout class utilizing basic exercises ranging from ballet to afro-jazz. Improve coordination as well as contribute to an understanding of the body mechanism in its relation to dance. Lots of improvizing and good workouts. Wear loose clothing; sweatpants or leotard and tights are essential. *The instructor has studied with the Julliard School of Music in New York and performed with the Baltimore Civic Opera Ballet. She is a graduate of the Peabody Music Conservatory in Piano and Dance and has studied and performed Ballet, Modern, Hindu, Afro and Flamenco Dance in New York, Maryland and California.*
Bush/Van Ness — Wednesday 7-8:15 p.m., *4 weeks.* Class minimum 3, maximum 20. Cost $16 ($7 at registration/$7 plus $2 use fee pay to instructor at the first class).

JAZZ EXERCISE — *Eleanor Glorioso* — Dance exercise class for beginning, intermediate and advanced students. Using modern jazz technique we will emphasize body control, placement, coordination, flexibility and muscle tone. Geared to discover, develop and strengthen spontaneity of natural body movement and control through jazz exercise. Good workouts; much exercising. Sweat pants or leotards and tights are essential. *The instructor has had intensive training in Dance and Body Therapeutics in New York, Maryland and California. She has studied with the Julliard School of Music and is a graduate of the Peabody Music Conservatory in Piano and Dance. She has studied, taught and performed Ballet, Modern, Afro Jazz, Hindu, Spanish Flamenco and Dance Therapy Movement for 20 years.*
Bush/Van Ness — Tuesday 6:15-7:30 p.m. OR Thursday 7:30-8:30 p.m., *4 weeks.* Class minimum 3, maximum 15. Cost $16 ($7 at registration/$7 plus $2 use fee pay to instructor at the first class).

MID-DAY STRETCH — *Eleanor Glorioso* — Feel an immediate upsurge of physical and mental wellbeing. A conditioning class to trim and tone the whole body into renewed flexibility. Release tension, improve co-ordination and build endurance. Yoga, calisthenics, floor stretches, Isometrics are emphasized. Wear loose clothing, sweatpants or leotard & tights. A workout towel is recommended. *A graduate of the Peabody Music Conservatory in piano and dance, Eleanor has performed with the Baltimore Civic Opera Ballet and has had intensive training in exercise and body therapeutics.*
Geary/Van Ness — Tuesday 12:00-1:00 p.m., *4 weeks.* Class minimum 3, maximum 20. Cost $16 ($7 at registration/$7 plus $2 use fee pay to instructor at the first class).

ROMANTIC DANCES OF THE 40's — *Teddy Lee & Christine Blanton* — NOSTALGIA is in, and BALLROOM DANCING is making a comeback bigger than ever! The person who can ballroom dance finds him(her)self in high demand and admired by all. Learn the Tango, Fox Trot, Waltz, Swing and Latin Dances.
Ellis/Taylor — Friday 8-9 p.m., *4 weeks.* Cost $16 ($8 at registration/$8 pay to instructor at the first class).

BEGINNING BALLET & INTERMEDIATE BALLET — *Claudia Montgomery* — Experience in positions, steps and terminology. May also be used as a technical improvement class for those with previous ballet experience. Leotards and soft shoes are recommended. *The instructor studied with the San Francisco Ballet for several years. She has also danced with the Russian Folk Dance Ensemble of San Francisco and Khadra Ethnic Music and Dance Ensemble. She dances with a Scottish demonstration team and is a public school teacher.*
Taraval/16th Ave — Beginners: Thursday 5:30-7 p.m. OR Intermediates: Monday 6-7:30 p.m., *4 consecutive weeks.* Cost $20 ($10 at registration/$10 pay to instructor at the first class).

DANCE/MOVEMENT IN THE CREATIVE GROWTH PROCESS — *Luanna Reid* — Exploring personal space and group interaction through Creative Dance and Movement. Relaxation, corrective exercise, moving to music, movement games comprise this class for *Women*. Mixed groups possible in future. *Luanna Reid, M.A., is a Dance Teacher and Therapist. She has trained and performed extensively in New York City and has her Master's Degree in Dance Therapy from New York University. She has worked for Community Mental Health here in San Francisco and directed an Environmental Dance Workshop in 1976.*
18th Street/Valencia — Tuesday 5:30-7 p.m., *4 weeks*
Class maximum 10. Cost $20 ($10 at registration/$10 pay to instructor at first class).

Classes for JANUARY begin the week of JANUARY 4th–10th

Languages

SPANISH FOR BEGINNERS — *Sergio Silva* — An intensive conversational class. A fast-moving class for people who need an essentially practical everyday vocabulary either for traveling or better communication with Spanish-speaking people. No grammar, but strong emphasis on an easy and simple build-up of phrases and vocabulary. Writing pad and pen are indispensable.
Geary/Van Ness — Wednesday 6-8 p.m., *4 weeks.* Cost $20 ($10 at registration/$10 pay to instructor at the first class).

SPANISH
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Massage

MAKE SOMEONE HAPPY: Learn Swedish Massage — *David Stahlberg* — Ever tried to give a friend or lover a massage and found it a confusing, exhausting ordeal? This course will show you exactly what to do and how to use your body to better mechanical advantage in order to conserve your energy. We will emphasize development of a sensitive, empathic touch. Relevant anatomy and physiology will be discussed. The class is taught in one of Marin's loveliest physical therapy centers. Hot tub and Sauna are included, as well as a ½-price massage if so desired. Everything you need in the class is supplied. *The instructor has been a professional masseur since 1976. A graduate of the Swedish Institute in New York City, he has studied Foot Reflexology and Shiatsu with Wataru Ohashi.*
Downtown Mill Valley — Saturday 11:30 a.m.-2:30 p.m., *6 weeks beginning January 17th.* Class minimum 3, maximum 20. Cost $100 ($20 at registration/$80 pay to instructor at the first class).
Shiatsu
5th Ave/Judah — Monday 7-10 p.m., *4 weeks. Optional free extra practice session,* **Thursday 8-10 p.m.** Cost $40 ($20 at registration/$20 pay to instructor at the first class).

Martial Arts

TAI CHI CHUAN: The Long Yang Form — *Warren Sokolis* — Tai Chi Chuan is a martial art, an exercise, a form of meditation. It is designed to express the continuous flow of the Tao, the interchange of Yin and Yang. The long Yang form has 108 movements in a sequence that promotes relaxation and a sense of physical and mental well-being. This introductory class will cover the first set of the long Yang form. Also included in the class will be Taoist internal arts exercises. Comfortable clothing and sneakers are recommended. *The instructor has studied several forms of Oriental martial arts over the past three decades. He has been teaching Taoist yoga and Tai Chi Chuan since 1975.*
Waller/Belvedere — Wednesday 7:45-9 p.m., *4 weeks*
Class minimum 2, maximum 6. Cost $30 ($15 at registration/$15 pay to instructor at the first class).

WOMEN's SELF DEFENSE & PROTECTION CLASS — *Tony Mark-Wing* — The instructor will work with women and girls developing self defense skills and mental & psychological conditioning. The one-to-one personal instruction will deal with A) self protection B) Muggings C) Anti-rape/crisis-prevention techniques D) Purse snatching & everyday life situations E) Home-Auto-Bar situations. After working with Tony you will know what to do and be able effectively to defend and handle yourself with confidence and authority. *Tony Mark-Wing, Chief Hop Gar Gung Fu instructor, is a highly experienced and authoritative instructor in the martial arts who brings to this class not only his professional experience but a keen awareness of the situations and problems of women.*
Beach/Divisidero — Tuesday AND Thursday, 7-9 p.m., *4 weeks (8 sessions).* Cost $30 ($15 pay at registration/$15 pay to instructor at the first class).

TIBET LAMA HOP GAR STYLE WHITE CRANE GUNG-FU — *Tony Mark-Wing, Chief Instructor, Paul Reinhertz Instructor* — Tibetan Lama Hop Gar Style Gung-Fu develops from the fighting movements of the White Crane versus the Ape. Consisting of 12 Long Hand and 12 Short Hand & Step movements, the Tibet Hop Gar Gung-Fu is a direct, no-nonsense, effective technique of powerful self defense–street fighting for men, women and teenagers. Hop Gar is also a scientific exercise system for health, physical conditioning & strength, longevity of life. These classes are introductory to a basic 6 month course, and are taught on an individualized, one-to-one basis. Each student receives personal attention. Upon graduation of the 6 month basic course, students may continue to a higher level of Hop Gar at the Chief Instructor's discretion and permission. *Tony Mark-Wing is an early 1969 graduate of the* George Long *Hop Gar Style White Crane Gung-Fu basic 6 month course. He is the last disciple of* Harry Y. M. Ng, *the late Grand Master of the Tibet Lama Hop Gar Gung-Fu Style. He also learned from & worked very closely with Hop Gar Gung-Fu Master* David Chin, *his senior level Hop Gar Gung-Fu Si-Hing Brother from Grand Master* Harry Y. M. Ng, *finishing & completing his Hop Gar training in Hong Kong with his* Harry Y. M. Ng Si-Hing-Dai *senior level Brothers. Tony has a Hop Gar Gung-Fu Instructor's Gung-Fu License from Hong Kong certified & authorized by his seniors. Paul Reinhertz has practiced and received instruction in the White Crane System since 1969 and has permission from* Master George Long *of San Francisco to teach. He is also a student of Tai Chi, Hsing-i and Pa-Kau.*
Divisadero/Beach — Tuesday AND Thursday, 7-9 p.m., *4 weeks (8 sessions).* Cost $40 ($20 pay at registration/$20 pay to Chief Instructor at the first class).

SHIATSU — *Harold Dull* — Learn how to give an integrated full body massage that coordinates gentle stretches and deep pressure point holding. Unblocks, releases tension, posture. Induces total relaxation. A 'dance' and a 'meditation'. A 'healing' and a 'sharing' in which both you and your partner benefit from its centering effects and become more aware of the energy coursing through the body. Can be practiced without use of special tables or equipment, with or without clothing. Loose clothing recommended to wear to class. *The instructor has been trained by Reuho Yamada, founder of the Temple of the Lotus Flowers; by Watarau Ohashi, director of the Shiatsu Education Center; and in Japan, by Shizuto Masunaga, author of* Zen Shiatsu. *He holds an M.A. degree, has a private practice, and 15 years experience in adult education.*
Harbin Hot Springs, Middletown — Friday evening thru Sunday, *One Weekend*
Meals and lodging included. Car pooling arranged. Cost $65 ($20 at registration one week in advance/$45 pay to instructor).

INSTITUTE
FOR CHILDHOOD RESOURCES
TOYS PROJECT

Special seminar on toys for children, play and toys resources. Participants will be involved in the evaluation and description of toys on the market and the entire development of a new publication, a resource catalog of toys. For people interested in children and education, psychology and related fields or who would enjoy participating in reserach, writing and evaluation. Writing and typing necessary if handwriting not easily read. Group size limited. $5 Special Fee covers all materials and light refreshments. Minimum six weeks.
The instructor, Stevanne Auerbach, Ph.D., has been actively involved in children's services for many years and has published widely in books and national magazines. Bringing her experience in positions at the federal and national level and with many professional organizations to this project, she is devoting this year to creating a special book for parents on the use of toys.

Contact
Stevanne Auerbach, Ph.D.
Institute for Childhood Resources
1169 Howard Street, San Francisco 94103
(415) 864-1169

Music

WOMEN! FULFILL YOURSELF THROUGH STUDYING THE PIANO — *Mary Donahue* — Beginners welcome. Emphasis is on music reading skills for standard classical piano music and popular sheet music. Students will meet once a week for one hour. A piano in the home is recommended. *The instructor holds a Bachelor and a Master's in Music and has taught adults in private and group instruction.*
Washington/Laguna — One hour by appointment Monday OR Thursday 7-9 p.m., *4 weeks.* Maximum 2 per class. Cost $40 ($20 at registration/$20 pay to instructor at the first class).

MUSIC THEORY FOR THE BEGINNER — *Mary Donahue* — If you are a singer, an instrumentalist, or if you just want to learn how to read music, this course emphasizes the basics you need to know how to sight read, a simple melody line and basic chords and chord progressions. Areas of study will include: notes, different key signatures, identifying bascis chords, ear training to hear intervals and rhythm exercises to study meter. The instructor is equipped with piano to aid in class demonstrations. Bring staff music paper and pencil.
Washington/Laguna — Thursday 7-9 p.m., *4 weeks.* Class minimum 4, maximum 10. Cost $15 ($5 at registration/$5 plus $5 materials fee pay to instructor at the first class).

INTRODUCTION TO GUITAR — *Alan Naldrett* — This class is for beginners of any age. Not only does the student learn the basic chords on the guitar, but the recognition and feel of the basic rhythm patterns. A general knowledge of music and how it applies to the guitar facilitates the learning of a few songs in this beginning course. *The instrucor has been playing guitar for 15 years and has played in many bands and rock groups. He has been teaching professionally for 5 years.*
Grove/Broderick — Wednesday 7:30-8:30 p.m., *4 weeks*
Class minimum 2, maximum 10. Cost $22 ($10 at registration/$10 plus $2 for music pay to the instructor at the first class).

JAZZ FLUTE GROUP — *Harold Warder* — This group gives flute players experience in learning how to play ballads and jazz numbers together.
Waller/Buchanan — Saturday 1:30 p.m., *4 weeks.* Cost $20 ($10 at registration/$10 pay to instructor at the first class).

CHORDS & HORNS — *Harold Warder* — The class gives the horn player a chance to work with chords. A very good course for the beginning jazz player.
Waller/Buchanan — Saturday 3 p.m., *4 weeks.* Cost $20 ($10 at registration/$10 pay to instructor at the first class).

Yoga

PRANA YOGA — *Saraswathi Devi* — This class is for beginning and intermediate students and is taught according to the method of Swami Sivalingam, Indian Master of Prana Yoga. Each student is given personalized instruction in Pranayama (scientific breathing techniques), Hatha Yoga body postures (with special breathing), and meditation. Pranayama clears the nervous connections for free flow of energy; postures induce flexibility, strength and chemical balance; meditation brings the mind to a positive peaceful state. All classes include discussion.
Clement/3rd Ave — Sunday 10-11:30 a.m., *4 weeks*
Tuesday 7:15-8:45 p.m., *4 weeks* Class minimum 5, maximum 25. Cost $20 ($10 at registration/$10 pay to instructor at first class).

KUNDALINI YOGA — *3HO Foundation* — Yoga for the Aquarian Age. You can learn to live in a state of elevated consciousness (high) without drugs. We will work on postures, breath control and bodily energy centers or Chakras, internal sound currents and the chanting of mantras. All the main branches of Yoga will be covered. We will discuss the effect of this Yoga on everyday living and personal relationships. If you wish to revitalize your "self" for the new, come along in loose clothes with a blanket or foam pad and an empty stomach (2½ hours after eating, please). This is Kundalini Yoga as taught by Yogi Bhajan.
Waller/Ashbury — Tuesday OR Wednesday OR Thursday 7 p.m. OR Saturday 9 a.m., *4 weeks*. Cost $16 ($8 at registration /$2 pay to instructor at each of 4 classes).

Orpheus

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ORPHEUS ALTERNATIVE UNIVERSITY is a non-profit, non-degree granting liberal arts college. Founded in 1970, mostly by unemployed teachers, it is a center for communication of ideas and interacting of people with common interests. ORPHEUS is a member of the FREE UNIVERSITY NETWORK and of the PACIFIC REGION ASSOCIATION OF ALTERNATIVE SCHOOLS.

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